

X011/301

NATIONAL
QUALIFICATIONS
2007

MONDAY, 4 JUNE
9.00 AM – 10.50 AM

CARE
HIGHER
Paper 1

The case studies used in this paper are fictional.

Answer all questions.

70 marks have been allocated to this paper.



Case Study Part 1

Read Part 1 of the case study and answer the following questions.

Neil is 29 years old and is considering applying for a health and social care course at his local college. He attends a college information session and meets the course coordinator who asks Neil what has motivated him to apply for the course.

Since leaving school Neil had worked as a car mechanic, but two years ago he reduced his hours of work and finally resigned because his mother was diagnosed with a terminal illness and became increasingly ill. As an only child he felt very close to his mum who had been a single parent since Neil's father left when he was a baby. They faced some difficult times both financially and in terms of people's negative attitude towards them as a lone parent family. His mum always showed love towards him and stood by him even when he caused her some problems during his teenage years. His mum had made many sacrifices to give him the best chances in life and that was why he was prepared to give up his job to help care for her when she became ill.

When Neil's mother died six months ago he could not really believe that it had happened. He couldn't face going back to work for a long time afterwards. Some days he felt very angry and wanted to blame someone for what had happened; other days he couldn't get out of bed. On his good days he was able to gain comfort from the fact that during the final weeks of her life his mother had been very well cared for in a hospice for terminally ill people. Neil had found the thought of death frightening. However, the hospice was a welcoming place and all the staff were very supportive and understanding. He was surprised that some of the nurses and care assistants who had cared for his mother were male; he had always thought that these kinds of jobs were "women's work".

When asked if these had been contributing factors in applying for the course, Neil agreed that it had. He also said that he had recently started working in the garage again but was no longer finding the job as rewarding or challenging as he used to. Furthermore, a few things had happened at the garage that made him feel uncomfortable. Some of the mechanics are giving him a "bit of a hard time" about having lived at home with his mum for so long and not being married or having a girlfriend. They are forever asking him if he is "gay", and he knows they make gestures behind his back.

Neil is becoming increasingly unhappy in his job and is now wondering whether his experiences of caring for his mother would help him to become a care assistant or a nurse as he now knows he would find these jobs very worthwhile. Neil is sure that his mum would have approved of this.

On the basis of this discussion, the course coordinator tells Neil that he appears to be an ideal candidate for the course.

Question 1

- (a) What is a stereotyped attitude? Give **two** examples of stereotyped attitudes from the case study. 4
- (b) Explain in detail how stereotyped attitudes can have an impact on an individual's identity and self-worth. 6

Question 2

Neil has recently experienced a significant loss following the death of his mother and is now going through a major transition in his life.

Describe the Adams, Hayes and Hopson model of transition and relate it to the case study. 6

Question 3

Maslow and Rogers are both humanistic theorists. Select **one** of these theorists and answer the following.

- (a) Describe the key concepts of your chosen theorist. 4
- (b) Choose **two** of these key concepts and apply them to the case study. 4

Question 4

Explain human development and behaviour using **one** behaviourist theory. 6

Question 5

- (a) Describe **four** key features of the symbolic interactionist perspective. 4
- (b) Choose **two** of these key features and explain how they might be used to understand Neil's situation. 6

Question 6

Using terms from conflict theory, explain **one** of the following aspects of society.

- Socialisation
 - Culture
 - Deviance
- 5

[Turn over]

Case Study Part 2

Read Part 2 of the case study and answer the following questions.

Neil has now been on his course at college for five months and is really enjoying it. As part of his learning programme he has been on placement in a care home. Although he is finding this a valuable experience, he is concerned about some of the things he has seen.

He has noticed that the care staff are not very flexible in their approach to caring for the residents. They appear to have set routines for most of the tasks and activities that happen throughout the day and many of the residents appear to be very poorly motivated. From his experiences at the hospice where his mother spent her last few weeks, Neil knows how beneficial it is for people to be treated as individuals who have unique needs and wants.

He is aware of how some of the care staff, who are predominantly female, seem to make assumptions about the tasks that he can do as a male. In addition, assumptions are made about the activities that the men and women at the home would be interested in. Neil thinks that the staff do not realise that their behaviour is discriminatory and he is surprised that these attitudes still exist in a care home.

Marks

Question 7

Neil has learned about “unconscious discrimination” as part of his Higher Care course.

Define **unconscious discrimination** and explain why it is important for care workers to be aware of this particular type of discrimination.

3

Question 8

As part of his course, Neil will be taking part in a group presentation on “Promoting Equal Opportunities in a Care Setting”.

Following his placement experience at the care home, Neil has decided that his part of the group presentation will focus on:

“Developing strategies to raise awareness of **attitudinal** barriers to equal opportunities in a care setting.”

Name **three** strategies Neil could cover in his presentation and describe how they would raise awareness of attitudinal barriers.

9

Question 9

There are a number of key pieces of anti-discriminatory legislation which address the issues of discrimination on the basis of race, sex and disability. Name **two** of these pieces of anti-discriminatory legislation (using the correct name and date) and describe the main features of each.

8

Question 10

Define institutional discrimination and explain how it relates to institutionalisation.

5

(70)

[END OF QUESTION PAPER]

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NATIONAL
QUALIFICATIONS
2007

MONDAY, 4 JUNE
11.10 AM – 12.00 NOON

CARE
HIGHER
Paper 2

The case studies used in this paper are fictional.

Answer only **one** option in this paper.

Option 1 covers the optional Unit Health Promotion.

Option 2 covers the optional Unit Interpersonal Skills for Care.

30 marks have been allocated to this paper.



You must choose **ONE optional Unit only**.

EITHER answer Option 1 **OR** Option 2.

Option 1 – Health Promotion

Answer **ALL** the questions in this option.

Read the information below and then answer the questions that follow.

The following targets were set by the Scottish Executive and relate to various health promotion strategies.

- Reduce the pregnancy rate among 13–15 year olds by 20% between 1995 and 2010.
- 95% uptake among children by the age of 2 for each of the primary immunisation programmes: polio; diphtheria; tetanus; whooping cough (pertussis); haemophilus influenzae type b (hib); meningitis and septicaemia (MENC); measles, mumps and rubella.
- Reduce smoking among young people from 14% to 12% between 1995 and 2005 and to 11% by 2010.
- Reduce frequency and level of drinking among 12–15 year olds from 20% to 18% between 1995 and 2005 and to 16% by 2010.
- Increase the proportion of 11–15 year olds taking vigorous exercise 4 times or more (weekly) from 32% in 1994 to 40% in 2005 and to 50% in 2010.

Source: ISD Scotland

Question 1

Choose **three** of these targets. For each target select a **different** model of health promotion and explain why it would be effective in achieving the target.

12

Question 2

Describe **two** points of knowledge and **two** skills which health promoters require to encourage 11–15 year olds to increase the amount of vigorous exercise which they undertake.

8

Question 3

Improving mental health is one of the Scottish Executive's main health promotion priorities.

- (a) Explain the differences between qualitative and quantitative data.
- (b) Evaluate the effectiveness of qualitative and quantitative approaches in relation to mental health promotion.

4

Give at least **one** advantage and **one** disadvantage of each approach.

6

(30)

[END OF OPTION 1]

[Turn over

Option 2 – Interpersonal Skills for Care

Read the case study and then answer ALL the questions that follow in this option.

In an Edinburgh Evening News article, Alan Roden reported on the Care Commission finding that care homes were failing to meet national standards. “Bedrooms smelling of urine, dietary demands being ignored and no fire drills are some of the problems uncovered in care homes.”

Roden continues “A whole range of problems was identified, including instances where the ‘dignity, privacy and emotional wellbeing of the residents may be compromised’. The inspections, which were unannounced, found problems with pensioners sharing rooms and staff being unaware of dietary requirements. In several cases, employees were failing to record details of medicines and there were no policies on restraint.”

Source: *Edinburgh Evening News* (2005)

Question 1

- (a) Give the full name and date of the Scottish legislation responsible for the creation of the Care Commission for Scotland. 1
- (b) Describe **two** of the responsibilities of the Care Commission for Scotland. 4
- (c) In the article it is stated that “care homes were failing to meet national standards”.
Describe **three** principles behind the National Care Standards and explain how these principles would help to improve the situation outlined in the article. 9

Question 2

Explain **two** advantages and **two** disadvantages of the care planning process.

8

Question 3

Choose **two** of the following care worker roles:

- Advocacy
- Team working
- Keeping records and reports
- Keyworking

Explain **one attribute** and **one skill** a care worker could use when carrying out each of your chosen roles.

8

(30)

[END OF OPTION 2]

[END OF QUESTION PAPER]

ACKNOWLEDGEMENTS

Paper 2 Option 1 – Targets are adapted from “*Targets set by the Scottish Executive which relate to Women & Children’s Health*” taken from www.isdscotland.org. Reproduced by kind permission of ISD Scotland.

Paper 2 Option 2 – Article is adapted from “*A catalogue of failure in capital care homes*” by Alan Roden, taken from Edinburgh Evening News, Monday 23 May 2005. Reproduced by permission of The Scotsman Publications Ltd.